

ASHBURNHAM COA NEWSLETTER

MARCH 2022

32 Main Street

Ashburnham, MA 01430

**SENIOR CENTER HOURS: Monday through Thursday 9 AM – 2 PM. CLOSED ON FRIDAY
978-827-5000**



Calendar of Events

- **Painting class:** Mondays 12:30 – 2:30: Acrylic and watercolor. (No class March 7)
- **Card class:** Tuesdays 10:00 -12:00: Call for March dates
- **Pickleball:** Wednesdays 9:30 – 11:30 New player? Lessons at 11:30
- **Line dancing:** Thursday 10:00 – 11:00

MARCH 1: BLOOD PRESSURE CLINIC & MARDI GRAS VIRTUAL TRIP TO NEW ORLEANS 11:00AM

MARCH 1: HEART TO HOME MEALS FREE LUNCH & 15 MINUTE PRESENTATION

MARCH 7: MONDAY, SEAMAS PENDER (12-1) HOSTED BY FOREVER YOUNG CLUB, FOLLOWED BY MEETING AND LIGHT REFRESHMENTS. (1-1:30) PLEASE FEEL FREE TO BRING A DESSERT OR FAVORITE MUNCHY.

MARCH 14: YOUTUBE FITNESS CLASS MONDAY AT 10 AM

APRIL 7: PAULA MAGEE (STRENGTH & BALANCE) RETURNS THURSDAYS STARTING IN APRIL AT 9 AM

APRIL 12: TUESDAY 10:30 VETERANS BRUNCH HOSTED BY HUMANA AT THE SENIOR CENTER. COME SHARE A MEAL WITH FELLOW VETERANS, MEET OTHER VETERANS AND THEIR FAMILIES AND MAKE NEW CONNECTIONS.

TRANSPORTATION

Take note: **Van will ONLY be running on Tuesdays and Thursdays for the first two weeks of March, then will resume Tuesdays – Fridays.** Vans are extremely busy doing runs to medical appointments and shopping to Gardner and other local towns. Please schedule your appointments between 8 am & 2:30 pm. **We are short a driver which brings more challenges.** Please call ahead to schedule a pickup. Thursday's shopping in Athol: Market Basket, Hobby Lobby. Bring a friend and have some fun. Assistance with loading and unloading packages will be available. Masks are required on vans. We also follow school closures; if there is no school due to weather, no van will be running. If you have email and it is Friday or a weekend, please email jrobbins@ashburnham-ma.gov to schedule or cancel an appointment/ride.

COMMUNITY SERVICES AND INFORMATION

- **SHINE:** Counselor available. Call senior center to make appt or discuss over the phone with Shine counselor.
 - **Community Legal Aid of Central MA** Free 855-252-5342 or www.communitylegal.org
 - **Food Stamp Program (SNAP)** - 978-665-8700
 - **Fuel Assistance** 978-342-4520 (NEFWC); 978-342-9407 (Salvation army); 877-563-4645 (Joe for Oil).
 - **MEALS ON WHEELS** is offered Monday, Wednesday & Thursday. Call 978-345-8501 Ext #2 to sign up.
- Central MA Agency on Aging** 508-852-5539

FREE MEDICAL EQUIPMENT & LOANS

Depends, canes, commode, walkers with basket or tray table, shower chair, sock helper aid, sharps containers, folding cane, gait belts, compression socks, etc...

HAVE QUESTIONS ABOUT MEDICARE COVERAGE? INSURANCE NEEDS?

MEET (OVER THE PHONE) WITH SHINE COUNSELOR TO GET YOUR QUESTIONS ANSWERED.
978-400-0690.

FRIENDS OF THE COA

is a 501c3 non-profit group which raises funds and provides financial assistance for both regular and special programs offered at the Senior Center. We are seeking a committee who is willing to start this group.



COA DONATIONS

The Senior Center has a VERY tight budget. So, any financial support will go a long way!

HOW TO DONATE:

We are often asked how folks can donate to the COA. Interested parties can make a check out to the **Town of Ashburnham** and include a note that indicates that you would like your donation to go to the **COA donation Account**.

Your donation can be dropped off at our offices located in the Town Hall or mailed to: 32 Main Street, Ashburnham, MA 01430 Attn: COA Donation Account

Your donation is considered tax deductible.

A GIFT IN YOUR WILL

I give and bequeath to the Town of Ashburnham-COA Donation Account in Ashburnham, Massachusetts the sum of \$_____ or _____% of the rest, residue, and remainder of my estate to be used for the benefit of the seniors of Ashburnham, Massachusetts.

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### IN-HOUSE DONATION REQUEST

If you are interested in donating to the senior center, we need water (jugs or bottles). A big thank you to Joe & Linda Zbikowski for their donation of plates, coffee, bottle tabs & sand buckets!! Thank you, Louise Reid for your monetary donation.



### Bananas can help improve your mood

A banana has approximately 30% of your daily recommended intake of vitamin B6. Vitamin B6 helps the brain produce serotonin, which is considered a mood stabilizer. Serotonin impacts your motor skills and emotions. It is also the chemical that helps you sleep and digest food. Eating a banana can help relieve depression and anxiety by stimulating the serotonin levels in your body.

### COA BOARD

Next meeting Monday April 11 at 11:30 AM.

### SHRINER'S HOSPITAL

We have a wonderful volunteer, Dan, who drives to Shriner's hospital to drop off can tabs as a donation to the children of Shriners. Do not throw those can tabs away. Dan comes monthly to pick up and drive to Shriners!

### FILE OF LIFE

Pick up your updated file of life cards today to place in your home and vehicle.

### STAMPS

**Do you need stamps? We have envelopes you can place in your mailbox, and the post office will deliver your stamps directly to you.**

### SAND DISTRIBUTION

Thank you to **Ashburnham Hardware** for donating 2-gallon buckets for our seniors. **ACE Transition Program at Oakmont** has done an awesome job filling buckets and dropping off to seniors' doorsteps. Beverly Chase has graciously purchased buckets and filled them. **Please return your buckets and feel free to donate more.**

### HELP WANTED

**-Per diem van driver.**

New: Puzzles, board games, a full closet of gently used clothing, all sizes, men & woman. We have a few shelf-stable food items left so come on down!

**[www.covidtests.gov](http://www.covidtests.gov)**  
For your free test kits

Are you on our EMAIL LIST? We send "Email Blasts" when we have new programs and special events. Don't miss out! Sign up today! Call 978-827-5000



## **Ashburnham Accessibility Committee Members Wanted/Needed**

The Select Board is looking for volunteers interested in serving on the Ashburnham Accessibility Committee. Please see the Mission Statement below. To apply, please complete the volunteer application which can be found at the link below and include a letter of interest and/or a resume.

**<https://www.ashburnham-ma.gov/home/pages/employment-volunteer>**

### **Ashburnham Accessibility Committee**

The Ashburnham Accessibility Committee promotes the inclusion of persons with diverse disabilities in the activities, programs, and services within the Town of Ashburnham. It aims to ensure that Town Residents with disabilities have an Equal Opportunity in accessing municipal buildings, programs, services, telecommunication, accommodations, and recreational opportunities.

The Ashburnham Accessibility Committee will collaborate and advise Town Officials, Town Committees, and the Ashburnham Community to:

- Raise awareness of Town Residents and Officials about the Town's needs including but not limited to physical accessibility, communications, and community programs.
- Coordinate the completion of Ashburnham's ADA Self Evaluation and Transition Plan.
- Consult with Town Officers and Departments to identify community needs under the Americans with Disabilities Act.
- Assist municipal officials in ensuring compliance with state and federal regulations that affect people with disabilities.
- Provide a referral database of area resources and services for Residents with diverse disabilities.
- Advocate for accessible community access for all Residents.
- Meetings will typically be held monthly or as needed.

Excerpt from Think Learn Succeed by Dr Caroline Leaf. © 2018

"Isolation can negatively affect our well-being. Tragically, studies done on infants in custodial care indicate that a lack of human touch or contact can be fatal for newborns and young children. Loneliness increases the risk for premature mortality among all ages, making it a growing public health hazard. One recent study even indicates that social isolation and loneliness kill more people than obesity. The researchers, looking at 148 separate studies representing some 300,000 participants, found that greater social connection meant a 50% reduction in the risk of an early death, while loneliness had the opposite effect. We should take the danger posed by isolation seriously. Many nations around the world now suggest we are facing "loneliness epidemic". There is a desperate need for scientists to work together to make community focus a public health priority. To quote Mother Teresa: "I can do things you cannot; you can do things I cannot; together we can do great things"

*"I was waiting in line for a ride at the airport. When a cab pulled up, the first thing I noticed was the taxi was polished to a bright shine. Smartly dressed in white shirt, tie, and freshly pressed slacks, the driver jumped out and opened the door for me.*

*Handing me a laminated card, he said, 'I'm Wasu, your driver. While I'm loading your bags, I'd like you to read my mission statement.' Taken aback, I read the card. 'Wasu's Mission Statement: To get my customers to their destination in the quickest, safest, and cheapest way possible in a friendly environment.' This blew me away. Especially when I noticed the inside of the cab matched the outside. Spotlessly clean!*

*As he slid behind the wheel, Wasu said, 'Would you like a cup of coffee? I have a thermos of regular and one of decaf.' I said jokingly, 'No, I'd prefer a soft drink.' Wasu smiled and said, 'No problem. I have a cooler up front with regular and Diet Coke, lassi, water, and orange juice.*

*'Almost stuttering, I said, 'I'll take a lassi since I've never had one before.'*  
*Handing me my drink, Wasu said, 'If you'd like something to read, I have Good Housekeeping magazine, Reader's Digest, The Bible, and a Travel + Leisure magazine.' As we were pulling away, Wasu handed me another laminated card, 'These are the stations I get and the music they play, if you'd like to listen to the radio.'*

*And as if that weren't enough, Wasu told me he had the heater on and asked if the temperature was comfortable. Then he advised me of the best route to my destination for that time of day. He also let me know he'd be happy to chat and tell me about some of the sights or, if I preferred, to leave me with my own thoughts.*

*'Tell me, Wasu, have you always served customers like this?' Wasu smiled into the rear-view mirror. 'No, not always. It's only been in the last 2 years. My first 5 years driving, I spent most of my time complaining like all the rest of the cabbies do. Then I heard about power of choice.' 'Power of choice is that you can be a duck or an eagle. If you get up in the morning expecting to have a bad day, you'll rarely disappoint yourself. Stop complaining! Don't be a duck. Be an eagle. Ducks quack and complain. Eagles soar above the crowd.' 'That hit me right,' said Wasu. 'It's about me. I was always quacking and complaining, so I decided to change my attitude and become an eagle. I looked around. The other cabs were dirty, the drivers were unfriendly, and the customers were unhappy. So, I decided to make some changes. I put in a few at a time. When my customers responded well, I did more.'*

*'I take it that has paid off for you,' I said.*

*'It sure has,' Wasu replied. 'My first year as an eagle, I doubled my income. This year, I'll probably quadruple it. My customers call me for appointments on my cell phone or leave a message.'*

*Wasu made a different choice. I hope we all decide to soar like an eagle and not quack like a duck."*







# **VETERAN'S BRUNCH**

TUESDAY, APRIL 12<sup>TH</sup> AT 10:30 AM

WHERE: SENIOR CENTER 32 MAIN ST

RSVP 978-827-5000